Saving Lives by Reducing Tobacco Use

NASMHPD Annual 2019 Meeting

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We realized people with mental illness were dying early. As a result, we did a study.

Good Intentions
- Behavior Modification – using cigarettes to modify behavior
- Selling cigarettes and using the income to hire therapeutic staff
- Link between losing smoking privileges and increases in seclusion and restraint

Bad Outcome
- We realized people with mental illness were dying early.
- As a result, we did a study.
People with Serious Mental Illness experience 25 years lost life, due to smoking, obesity, suicide, substance abuse, and inadequate medical care.

People reporting a mental disorder in the past month consumed approximately 44.3% of all cigarettes smoked in the U.S.

30%-35% of Mental Health Providers Smoke

Rates of smoking among treatment staff in mental health and substance abuse facilities and programs are higher than other health care professionals.

Primary Care Physicians  1.7 %
Emergency Physicians  5.7 %
Psychiatrists  3.2 %
Registered Nurses  13.1 %
Dentists  5.8 %
Dental Hygienists  5.4 %
Pharmacists  4.5 %
What are we doing about it?
We have come a long way...

...but we can do much more.